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## **HEMI-SYNC® AIDS IN STROKE RECOVERY**

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The patient is a 58 year old man who had a left sided cardiovascular accident (CVA) in December of 1985. He suffered a complete right hemiplegia. This quickly converted to a right hemiparesis with almost complete dismotor and sensory dysfunction of the right upper extremity and only about 10 to 15 percent function of the right lower extremity. He had complete expressive aphasia. Understandably, for a man that young, he also was very despondent following this stroke. I first saw him in January of 1986, and followed him for several months, prescribing physical therapy, but seeing little or no increase in active function. In May of 1986, I spoke with him about the possibility of using the Hemi-Sync *STROKE RECOVERY SERIES* tapes provided through The Monroe Institute professional branch and he agreed to use them. He started using the tapes in the first part of June 1986, and in the middle of June, I saw him on a routine follow-up visit. For the first time in six months, I began to notice an increase in his deltoid function of the right shoulder and initial motor function in the biceps and finger flexors of the right hand. He also stated at that time that he felt that the tapes had made a great difference. For the first time since I had been seeing him, he was able to express these things to me in a continuing, flowing fashion without halting, frustrated speech.

In July of 1986, his deltoid function continued to improve and in August of 1986, for the first time, the muscles which controlled the dorsiflexion of his right foot began to show function. He had been in a fixed ankle brace until then and began walking with only an elastic ankle support. He continued to use the tapes throughout his recovery. By August of 1987, he had completely lost the footdrop deformity of his right foot and ankle. Of course, he still has some muscle and sensory disfunction, but is now able to ambulate without orthotic or supportive assistance and is able to speak again fluently, without the frustration of the expressive aphasia. This, of course, is a case study of one and is therefore statistically insignificant. However, in treating many stroke patients in the past ten years, I have not seen such a dramatic change in the recovery of any patients previous to the use of these tapes. Whatever you are doing seems to be working, so keep up the good work.

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